



Paul Takken: The Embodied Roots of Agile



Paul Takken is an Innovation Consultant, trainer, coach, author & Keynote Speaker. Explore the profound roots of Agile and how embodiment can help people and organisations in times of change.

TOP EMBODIMENT TIP: Try to leave the ‘yes but’ thing out of your mind, be more embodied and watch your breathing

Why Agile: What is the Essence of Agile?

- Our current systems are often **disconnected, out of balance**, and don't deliver real value any more.
- Disconnected and broken systems are affecting our children at an early age.
- **Agile and Embodiment is an ‘ancient’ way** to heal our nature. An agile ecosystem is restoring wholeness.
- The current state of agile is often broken, and is being used for short term efficiency / real value over long term sustainability. A shift is required **from a linear pathway to alignment with the environment**.

Traditional versus Embodied Agile : Out of Your Mind versus In Your Body

- Agile embodiment **is additional** to existing agile practices and principles.
- Agile embodiment involves the **heart and the gut**, empathy, intuition, sensing, compassion and connection with people and the environment, contribution, the collective good, and energy flow.
- Agile embodiment is about **bringing humanity and authenticity into the organisations**, starting from the leadership.

Practising Embodied Agile: Posture and Breathing

- Sit or stand in a relaxed upright position.
- Breathe in and make yourself a little longer.
- Breathe out slowly and let go of unnecessary tension.
- Breathe again and think of someone to smile about.
- Breathe out and imagine that you are radiating warmth and energy into the space around you.

Summary

- Agile embodiment is **being centered in mind, heart and guts**.
- Agile embodiment is **the missing dimension** for many agile transformations and leadership.
- Agile embodiment is **additional to existing agile practices and principles**.
- Agile embodiment is **easy to learn yet hard to unlearn and master**.

Resources

- ❖ **Books:** *The Body of Agile: An initiative of Anouk Brack & Paul Takken*
- ❖ **Website:** <https://agileembodiment.com/>



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